

Physical Education Break Activities

Mrs. Jones and Mr. Miller

If you have Mrs. Jones and Mr. Miller, you only need to complete one packet. It will count for both classes.

If you are healthy over the three week break, we would like for you to do a minimum of 30 minutes of exercise on Monday through Friday each week.

Break Activities: These are some examples. You may do other types of exercise not listed. Record your activity on the back of this sheet.

1. Sport activities: Basketball, Football, Softball, Baseball, Etc.
2. Walking
3. Running
4. Bicycling
5. Weight training
6. Swimming (YMCA)
7. Yard work
8. House work
9. 15 Day Fitness Challenge

15 Day Fitness Challenge

Dawson-Bryant Middle School
Physical Education
Mrs. Jones & Mr. Miller

Day 1	Day 2	Day 3	Day 4	Day 5
Push-ups: 5 Squats: 25 Crunches: 10 Lunges: 20	Push-ups: 5 Squats: 30 Crunches: 15 Lunges: 21	Push-ups: 7 Squats: 35 Crunches: 15 Lunges: 22	Push-ups: 7 Squats: REST Crunches: 25 Lunges: 23	Push-ups: 8 Squats: 40 Crunches: 30 Lunges: REST

Day 6	Day 7	Day 8	Day 9	Day 10
Push-ups: 9 Squats: 45 Crunches: 35 Lunges: 25	Push-ups: REST Squats: 50 Crunches: REST Lunges: 26	Push-ups: 8 Squats: REST Crunches: 45 Lunges: 27	Push-ups: 9 Squats: 55 Crunches: 45 Lunges: 28	Push-ups: 10 Squats: 60 Crunches: 50 Lunges: 29

Day 11	Day 12	Day 13	Day 14	Day 15
Push-ups: 10 Squats: 65 Crunches: 55 Lunges: REST	Push-ups: 12 Squats: REST Crunches: 55 Lunges: 31	Push-ups: 12 Squats: 70 Crunches: REST Lunges: 32	Push-ups: REST Squats: 75 Crunches: 60 Lunges: 33	Push-ups: 13 Squats: 80 Crunches: 65 Lunges: 34

Record Sheet:

3/16: _____

3/17: _____

3/18: _____

3/19: _____

3/20: _____

3/23: _____

3/24: _____

3/25: _____

3/26: _____

3/27: _____

3/30: _____

3/31: _____

4/1: _____

4/2: _____

4/3: _____

Stay Healthy!